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SUBJECT: COUNTRY CLEARANCE GRANTED TO CORDOVA AND UHARRIET TO TRAVEL TO SAINT KITTS AND NEVIS

REF: 101451Z JUL 07

¶1. Embassy Bridgetown warmly welcomes and grants country clearance to LtCol Kirk Cordova, SCEN and Major John Uharriet, SCJTRE, for travel to Saint Kitts and Nevis July 16 - 20, 2007. The purpose of this mission is to conduct inspections and surveys on New Horizons 2003 projects.

¶2. Travelers will be staying at the Marriott Saint Kitts Hotel, Frigate Bay for the duration of visit, tel. 1-869-466-1200. Embassy points of contact are CDR P. Kofi Aboagye, Chief, Military Liaison Office, 1-246-227-4339 or cell 1-246-230-2705 and Major Rachelle Harris, Operations & Exercises Officer, tel. 1-246-227-4123 or cell 1-246-230-2725.

¶3. The exchange rate is approximately \$2.70 xcd (Eastern Caribbean) dollars for \$1.00 U.S. dollar. U.S. currency, traveler's checks, and credit cards are routinely and widely accepted here.

¶4. Entry requirements: A valid U.S. passport is required to enter Saint Kitts and Nevis. No visa is required if your stay is under six months, including those travelers arriving with diplomatic or official passports. For further information, travelers may contact the Embassy of Barbados, 2144 Wyoming Avenue N.W., Washington D.C. 20008, tel. 1-202-939-9200.

¶5. Departure tax for Saint Kitts and Nevis is \$30.00 ECC (Eastern Caribbean Currency) or \$12.00 USD.

¶6. Restrictions: The laws of Barbados, Antigua and Barbuda, St. Lucia, Grenada, Dominica, and Saint Kitts and Nevis prohibit non-military personnel from wearing any articles of camouflage clothing. Immigration officers in these countries randomly check visitor's baggage on arrival at the airport; if items of restriction are found, you will be asked to surrender them to the officers.

¶7. The following is general information pertaining to security and health considerations throughout the Eastern Caribbean:

Security

In the Eastern Caribbean, foot travel outside of well-established tourist areas is not generally recommended, especially at night. Be vigilant when using public telephones or ATM machines near roadsides or quiet areas. As in many U.S. metropolitan areas, wearing expensive jewelry, carrying expensive objects, or carrying large amounts of cash should be avoided. Visitors should also safeguard valuables while at the beach. While hotels are generally safe, many visitors have experienced loss of unattended items. Hotel burglaries are not uncommon and all valuables should be locked in room safes if possible.

Health Information

Throughout the Eastern Caribbean, the most likely threat to a visitor's health is sunburn. It takes several weeks to become accustomed to the heat and humidity. Prolonged exposure to the sun,

without protection, causes sunburn and may ultimately result in sun-damaged skin or even skin cancer. Sunscreens should be used for protection. In Barbados, St. Lucia, and St. Vincent the major health threat is dengue fever, transmitted by mosquito. Dengue cases are most often seen in the summer months. Persons should therefore protect themselves with insect repellent. There is also a growing number of HIV/AIDS cases reported. The Eastern Caribbean enjoys clean and safe drinking water. Only routine boosters for immunizations (i.e. tetanus, diphtheria, and oral polio vaccine) are required when traveling to this region. Barbados has the best medical facilities of all the islands in the region and most of the medical specialties have practitioners here.

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